Table 1: Polarization losses due to various components and diagnostic tools typically used in their estimation:

Polarization	**Component**	**Typical value**	**Diagnostic tool**
Kinetic	Anode	10-20 mV/decade	Half-cell (H_2/H_2)
	Cathode	120 mV/decade	RDE
Ohmic	Membrane	Iρl, ρ = 0.1 Ω m, l = 50-175 μm	Current Interrupt
	Bipolar plate	Iρl, ρ = 0.05 mΩ m, l = 2-5 mm	Four probe method
	Catalyst Layer	Iρl, ρ = 0.2-1 Ω m, l = 5-20 μm	EIS, H_2 pump
	Contact resistances	IR, R = ~15-30 mΩ cm^2	-
	GDL	Iρl, ρ = 0.1-0.2 mΩ m, l = 100-300 μm	Four probe method
Concentration	H_2, O_2	Nernstian	Helox

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